



Huntingdonshire Voluntary Support Group

DIABETES NEWSLETTER APRIL 2009

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The Hunts Voluntary Support Group is a branch of Diabetes UK. Registered Charity No. 215199

Dates for your Diary

The Group meets at 7:30pm on the last Tuesday of every month, except August and December, at Buckden Village Hall

Speakers and Events:

28 th April	Sharon Tilbrook	Diabetes UK
26 th May	Andre Buekes	Pharmacy Issues
30 th June	Debbie Brading	Community Matron

Recent Events

At our April meeting we were fortunate to have Christine Burnet, Community Dietician attend. Any advice on our diets is always welcome as all of us are searching for the 'Holy Grail' of being able to eat what we like without either putting on weight or sending our glucose levels too high.

Christine was an excellent speaker and went through a normal everyday diet for healthy eating for all of us. She then answered questions from all who wanted to ask them and, after the meeting closed, stayed on and talked to those who preferred to ask questions more privately.

We thank her for giving us her time, staying to answer all our questions and teaching us all how to eat to control diabetes to our best advantage.

Notes From Your Committee

It is the time of year to start thinking again of our fund raising activities. These mainly consist of running stalls at local fayres. Merv and Sandy work very hard at fund raising and always appreciate extra help, especially around 9.30 am and 4.00 pm to help set up at the beginning of the day and clear away at the end. We always need things to sell so please plant a few extra seeds, as plants sell well. We shall need contributions of plants to offer on our plant stall at Eaton Socon at the May Day Fair. Cakes are good sellers when we go to Kimbolton in July. John Skull is always pleased to receive any of your unwanted books as these also sell well at every event.

Health News

Sweet Tattoo for Diabetes Sufferers. A tattoo that can warn us when glucose levels are out of control has been developed by scientists. A special glucose-sensitive link in the orange tattoo is designed to turn yellow if blood sugar levels start to rise and purple if they are low. It will act as an early-warning sign for sufferers and could do away with finger-prick tests. The tattoo is being developed by US firm Draper Laboratories and could be an easier alternative to finger prick blood tests.

Jog in the Park and you'll Fancy Fruit. The type of exercise you do dictates the food you want to eat afterwards. Some work-outs trigger a craving for healthy foods such as fruit, while others prompt a desire for calorie-busting chocolate or biscuits. A long and tiring swim in a cold pool can leave you hungry for high-fat foods, which will give you a layer of protective fat, while a run on a hot day will put you off eating. Research analysed levels of the ghrelin hormone which stimulates hunger as well as the hormone peptide YY which suppresses it.

Intensive aerobic exercise on treadmills will temporarily reduce the person's appetite as it causes ghrelin levels to drop and peptide YY to increase. Good long distance runners tend to be very light and are more likely to rehydrate their body with 'watery foods' such as fruit but weight-

lifters are more likely to crave carbohydrate and protein-rich foods that will help them bulk up.

Exercise diets

- Long distance run: fruit
- Swim in cold water: biscuits and chocolate
- Weight-lifting: Cheeseburger, pizza or peanut butter sandwich
- Gentle walk: No effect on appetite

40 Winks can Raise your Risk of Diabetes.

Taking a regular afternoon nap can raise your risk of getting diabetes. But this could be simply due to the fact that those who take forty winks are less likely to be physically active. The napping habits of 16,480 older people in China were analysed and found that those who napped at least once a week had a 26% greater risk of developing diabetes. Napping during the day may disrupt night-time sleep - those who sleep just a few hours a night are known to have greater chance of developing Type 2 diabetes. Waking up from a short sleep also activates hormones and mechanisms in the body that stop insulin working effectively. This research could be another step towards explaining the possible link between disturbed sleep patterns and Type 2 diabetes.

Diabetes Tea 'Cure'. Researchers at Dundee University discovered a cuppa may help treat diabetes. They found that the therapeutic properties in black tea mimic insulin in the body. They are trying to identify agents that can be used to treat people with diabetes as well as their current medication. Researchers commented that people should not be rushing to drink masses of black tea thinking it will cure them of diabetes as we are still some way from this leading to new aspects of dietary advice.

New Blood Glucose Targets Set. Diabetes UK has updated its guidance on blood glucose target ranges for people with diabetes. Adults with Type 1 should aim for 4-7 mmol/l before meals and no more than 9 mmol/l by two hours after meals. Children with Type 1 should aim for 4-8 mmol/l before meals and no more than 10 mmol/l by two hours after meals. Adults with Type 2 should aim for 4-7 mmol/l before meals and no more than 8.5 mmol/l by two hours after meals. All of these targets supersede the old range of 4-6 mmol/l before meals and not more than 10 mmol/l by two hours after meals.

These new targets are meant to be used as a guide. There are many different opinions about the ideal range to aim for, because every person with diabetes is unique. So, if you want to set your own particular target range, make sure you discuss it first with your healthcare team.

And Finally, some Tommy Cooper jokes

- ☺ 'Doctor I can't pronounce my Fs, Ts and Hs"
"Well you can't say fairer than that then"
- ☺ Someone complimented me on my driving today; they left a note on my windscreen that said 'Parking Fine'. So that was nice.
- ☺ I bought some HP sauce the other day. It's costing me 6p a month for the next 2 years.
- ☺ This match won't light. That's strange. It did this morning!
- ☺ I'd tell you another joke about a pencil. But it doesn't have any point!

Your Organising Committee

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PS Calling all Type 2 sufferers! Don't miss out on the DESMOND courses. They cost you nothing. Ask your surgery soon how you could get onto the waiting list? Sue Alderman and Inge Heisig are waiting for your call!!